

ABSTRACT OF DISCLOSURE

A resistance exercise device including a length of resilient tubing having first and second free ends. Strap handles are connected to the free ends of the tubing. The resilient tubing is threaded through at least one oversized tubular section, constructed of rubberized foam, which section provides padding at pressure points when the resilient tubing is positioned across or around a user while exercising. A support strap is connected to the first tubular section. In a second embodiment, an exercise belt can be used with the present invention. The belt includes a buckle for buckling the free ends of the belt together and a "D"-ring mounted to one side of the belt. A karabiner is used to connect a strap handle to a "D"-ring.